



#MoveWithHeart

Take the **#MoveWithHeart** pledge:

***“I pledge to
move more for my
heart health.”***

In just 3 simple steps:

- 1 Record a short video of yourself saying the pledge
- 2 Share it on Twitter or Instagram using **#MoveWithHeart**
- 3 Challenge friends and family to **#MoveWithHeart**

www.nhlbi.nih.gov/heartmonth



National Heart, Lung,
and Blood Institute



A program of the National
Institutes of Health

DID YOU KNOW?

- Heart disease is the leading cause of death in the U.S.¹
- Only about 22% of adults meet the federal Physical Activity Guidelines.²
- Physical activity can help reduce the risk of heart disease and stroke.³
- Try to move a little more every day. Engage in physical activity that gets your heart beating faster and leaves you a little breathless. **Aim to get at least 2 1/2 hours of activity per week.**

¹ Ford ES, Ajani UA, Croft JB, Critchley JA, Labarthe DR, Kottke TE, et al. Explaining the decrease in U.S. deaths from coronary disease, 1980-2000. N Engl J Med. 2007 Jun 7;356(23):2388–98.

² National Center for Health Statistics. National health interview survey. Hyattsville, MD: Centers for Disease Control and Prevention; 2015.

³ Yang Q, Cogswell ME, Flanders WD, Hong Y, Zhang Z, Loustalot F, et al. Trends in cardiovascular health metrics and associations with all-cause and CVD mortality among US adults. JAMA. 2012 Mar 28;307(12):1273–83.